



One-on One
Personal
Instruction

 +
**KINECT
TRAINING**

**SIGN UP.
TRAIN.
BURN
CALORIES.**

KINECT™
for  **XBOX 360**

FITZONE
HOOVER RECREATION CENTER

Experience the Nike Virtual Trainer

Sign up for a one hour virtual training session (For Ages 15 and up)

Take one-on-one classes to fit your schedule

Get a FREE orientation from staff. Daily one hour sessions available.



Kinect Training is a great teaching tool with personalized instruction

- A blend of cardio and strength training exercises
- The virtual trainer plugs in a new workout when you are ready
- Unlock new levels by meeting certain fitness goals
- Choose between workouts that are based on reps or a timer
- Nike Kinect keeps track of your progress from session to session

SEE THE FRONT DESK FOR ASSISTANCE